



Becoming an Outdoors-Woman

**Spring Weekend Workshop
May 18th – 20th, 2007**

**Clemson University Outdoor Laboratory
Clemson, South Carolina**

BOW Buzz



April 3, 2007 ~ Florence, SC

The day will begin with familiarization with the basic types of firearms including the different configurations of shotguns. There will be a discussion of safety fundamentals regarding firearms in general and shotguns specifically. Women will break up into groups and be accompanied onto the shooting course by D.N.R. volunteer shooting instructors for discussion of the basic fundamentals of hitting moving targets with a shotgun including actual firing at clay targets. There will be a break for lunch and a chance to discuss the mornings events. The day will wind up back on the shooting course with more shooting and instruction.

Go to SCBOW.com for Registration Form



NEED YOUR HELP

Support your BOW by completing the survey on our website, SCBOW.com. Without you there is no BOW.

NEW

Classes for the Spring Workshop



Botany & Bugs

Hat Contest

Remember to bring your most outrageous, shocking, crazy, beautiful or funny hat you can find or make and bring them to the workshop to enter into our hat contest.

Prizes will be awarded.



New Participant Incentive Program

As an incentive to introduce more women to the BOW program, all new participants will receive a gift certificate to our Wildlife Shop. As a special thank you to all past participants who bring a new face to our workshop, a special gift will be waiting for you. If you want to participate, just designate that on your registration form.



The SC Becoming an Outdoors-Woman's Newsletter



Becoming An Outdoors Woman
May 18 – 20, 2007
Clemson University Outdoor Lab
Clemson, South Carolina

"Becoming an Outdoors-Woman" is a program that provides opportunities for women to learn nature related outdoor skills using a hands-on approach in a noncompetitive, non-intimidating atmosphere. This three-day weekend workshop provides introductory level courses for women ages 18 and older who.... Have never tried these activities, but have hoped for an opportunity to learn.... Are beginners who hope to improve certain skills.... Know how to do some of these activities but would like to try some new ones.

Important Workshop Information

- **Registration Fee: \$175.** (This fee includes meals, lodging, instruction, program material, and use of equipment.) Registration deadline is May 4 2007

- **Checks:** Please make checks payable to SCDNR-BOW. If you have questions concerning registration, you can call 803-734-3885 or email batess@dnr.sc.gov. Mail registration form, registration fee, picture and health form to:

SCDNR-BOW Workshop
Post Office Box 167
Columbia, SC 29202

- **Cancellation Policy:** If the participant cancels prior to May 4, 2007 the participant will receive a refund of \$140.00. There is a \$35.00 processing fee retained for cancellations. If the participant cancels after that date no refund will be returned. It is imperative that you contact us before May 4, 2007 if you know that you can't attend.
- **Physical Requirements:** A number of classes require some physical activity. Please call/email if you have question about a certain class.
- **Accommodations:** The Clemson University Outdoor Laboratory is a unique conference facility in a natural setting that is ideal for learning outdoor skills. The complex is located five miles from the Clemson University Campus on a beautiful peninsula of Lake Hartwell. The rustic-style cabins, with restrooms, accommodate 8-10 women in a comfortable camp-like setting. Participants must bring bedding, soap and towels. Meals will be provided from Friday lunch through Sunday lunch. You are welcome to bring sodas and snacks. Please indicate on registration form if you have dietary or special needs.

- **Don't forget** to visit our website for more info.
SCBOW.com

- | | |
|-------------------|----------------------------------|
| • 9:00 – 11:00 am | Check In and Registration |
| • 11:00 – Noon | Welcome |
| • Noon – 1:00 pm | Lunch |

1:30 – 5:00pm Session I

- A. Archery/ Crossbow on Target - Participants will learn the parts of a bow and arrow and how they function, as well as equipment selection and maintenance. Proper techniques and form will be discussed as shooting skills are practiced on the range. Equipment will be provided. Those who have their own are encouraged to bring it. Also, try a very non-intimidating shooting tool; the crossbow. Experience the range and effectiveness of a compound bow and the accuracy of a rifle without the kick! Practice on the range will give participants a new appreciation for the crossbow and new confidence in their shooting skills.
- B. Kayaking Basics - Step-by-step instruction will teach participants how to enter and exit a kayak, how to paddle the basic strokes and how to re-enter the boat after spilling. Practice your skills on the beautiful waters of Lake Hartwell, following guidelines set by American Canoe Association.
- C. Fishing 101 - This class is for the beginner! Learn how to rig a fishing rod, put on bait, cast, and take your fish off the hook! For the new angler or those that haven't been "in a few years."
- D. Land Navigation (Map & Compass) - This is a beginner's course. Basic map reading skills and compass use will be covered. The skills learned in this class can be used in most outdoor recreational activities.
- E. Nature Hike - Do you want learn native plants & animals while enjoying a stroll through the woods? Come join us for a nature hike through the Foothills of South Carolina.
- F. Shotgun and Firearm Safety - Learn the basics of firearms safety, how to load, aim and follow through. Improve your skills by shooting different levels and positions of clay targets.
- G. Mountain Biking - This is the place where beginners to the sport can come to get lessons in the basic skills involved in safe riding and proper trail etiquette. You'll learn to ride prepared, responsibly, and skillfully. Basic off-road riding techniques will be demonstrated and practiced in a relaxed, positive environment. Not only do we teach you how to handle your bike but also we show you what to expect on the trails and how to handle interactions with other trail users. Bikes will be provided but you may bring your own if you wish. There is a \$30 Bike rental fee if you don't bring your own.
- H. Boat Operation, Trailering, and Safety - Course will review recreational boating basics and safety techniques. Participants will try their hand at boat operating, trailering, trouble shooting boating problems, docking, loading the boat on a trailer, and other boating maneuvers.

1:30 — 5:00pm Session I (Cont)

- I. Care and Prep of Freshwater Fish — Class includes discussion on the taste of fish during different times of year, preserving fish on ice, and storing cleaned fish. Participants will practice cleaning methods, cooking methods, and learn what to serve with fish. The final test will be the tasting.
- J. Lumber Jane — Have you ever wondered how to split wood? Or how to use a chainsaw, safely? Well we have a class for you. Dabble in forestry while learning the proper and safe techniques of using an ax, wedge, and even a chainsaw.
- K. Handguns and Firearms Safety — Learn the basics of selecting a gun, handgun shooting, cleaning, storage, self-protection and hunting. Ammo and loaner guns will be furnished.
- L. Taxidermy — Taxidermy is a general term describing the many methods of reproducing a life-like three-dimensional representation of an animal for permanent display. In some cases, the actual skin (including the fur, feathers or scales) of the specimen is preserved and mounted over an artificial armature. In other cases, the specimen is reproduced completely with man-made materials. This class will venture into this unknown art-form.
- M. High Rope Course — Located in a beautiful stand of hardwoods, the course consists of a series of obstacles starting at ground level and leading into the trees. With guidance from trained facilitators and encouragement from team members, participants make their way along the course. Each element presents a physical, emotional and personal challenge where participants are able to step out of their comfort zone. (Additional \$15 fee required)

- 6:00pm **Dinner is Served**
- 7:30pm **Guest Speaker**
- 8:00pm **Evening Activities**

Saturday, 19th

- 7:00am **Breakfast**

8:15am — 11:45am Session II

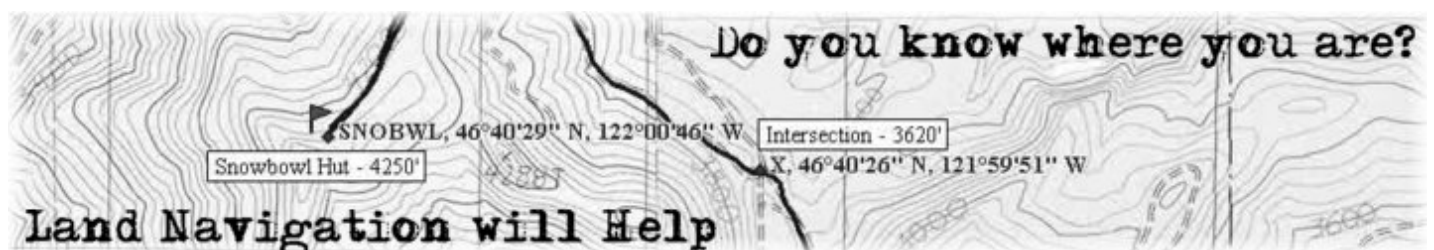
- N. Shotgun and Firearm Safety (Repeat of Class F)
- O. Fishing 101 (Repeat of Class C)
- P. ATV Safety Rider Course - This course emphasizes safety and covers protective gear, environmental concerns, local laws and safety techniques. The hands-on class includes pre-ride inspections, starting and stopping, turning skills, hills, swerving and riding over obstacles.
- Q. Boating, Trailering & Safety (Repeat of Class H)
- R. Camping and Backpacking - An OVERNIGHT backpacking/camping trip teaches participants what to carry and what to leave behind. Learn about backpacks, tents, sleeping bags, camp mattresses, menu items, trail etiquette and how to put up a tent, build a safe fire, purify water and make a comfortable low-impact camp. Participants will have dinner and breakfast on the trail and return to the Clemson Outdoor Lab in time for lunch.
- S. Canoeing — American Canoe Association certified instructors will introduce you to paddling. In this class, you will learn how to enter and exit the canoe safely, paddling strokes, and how to paddle with a partner. Hands-on instruction allows you to try out what you have learned on beautiful Lake Hartwell.
- T. Bass Fishing - Course will offer hands-on instruction from choosing equipment to landing the fish. Previous experience in casting and tying on lures is required. Equipment will be provided, but participants are welcome to bring their own gear if available.
- U. Land Navigation (Map & Compass) — (Repeat of Class D)

- V. Bird Watching — Participants will have an opportunity on Friday night to learn how to choose and use binoculars, field guides and other techniques for a successful bird-watching venture. Saturday and Sunday morning classes will provide ample time for identifying common birds by sight, sound and habitat during a field trip to birding spots. Bring binoculars and bird guide if you have them, but will be provided if you do not.
- W. Mountain Biking (Repeat of Class G)
- X. Muzzleloading - Participants will learn the parts of a percussion rifle, Powder for muzzleloaders, loading, live firing, cleaning and basic accessories. Rifles will be provided.
- Y. Rifle & Firearms Safety - Participants will learn the parts of a rifle, safety concerns and practice shooting skills from several positions. Rifles will be provided.
- Z. Wilderness First Aid- This class will look at those factors which make first aid different on the trail from what you might be used to in an urban setting. In general, the topics will include "Time & Distance", "the Environment", "Available Resources", "Terrain", and "Specialized Techniques (for the back country)". Special emphasis will be placed on hands-on practice of the specialized techniques that might be needed in a wilderness setting.

- 12:00pm **Lunch is Served**

1:30pm — 5:00pm Session III

- AA. Archery and Crossbows (Repeat of Class A)
- BB. Kayaking (Repeat of Class B)
- CC. ATV Safety Rider Course (Repeat of Class P)
- DD. Decorating with Nature — Learn techniques for turning natural objects into beautiful crafts. Angels from oyster shells, pinecone pins, twig frames, and more. These crafts would be perfect for gift giving or using for yourself!
- EE. Canoeing (Repeat of Class S)
- FF. Fly Tying - Become familiar with the fish foods, which are imitated by hand-tied flies. Learn how to use the vise, bobbin, hackle pliers and other fly tying tools. Learn about natural and man-made materials for constructing flies; tie a dry fly, a nymph, a streamer and others as time allows. Equipment provided.
- GG. Care and Preparation of Game - Class includes discussion on the taste of wild game during different times of year, preserving the game, and storing. Participants will practice cleaning methods, cooking methods, and learn what to serve with wild game. The final test will be the tasting.
- HH. Gun Cleaning / Knife sharpening - Keep your gear in tip-top shape for the field. Detailed instructions for knife sharpening and cleaning a firearm will keep you safe in the outdoors.
- II. Handguns and Firearms Safety (Repeat of Class K)
- JJ. Taxidermy — (Repeat of Class L)
- KK. Rock Climbing - A simulated wall will be the practice field for learning the sport of rock climbing. Participants will learn necessary gear selection and safety precautions while climbing to the next step. There is an extra \$10.00 fee that needs to be submitted with your Registration Fee for this class. Please read (located on the registration form) how to pay this extra fee.
- LL. Intro to GPS — The Global Positioning System (GPS) is a satellite-based navigation system made up of a network of 24 satellites placed into orbit by the U.S. Department of Defense. Harness this technology and become a more informed angler, hunter and an outdoor enthusiast. GPS is provided but you are welcome to bring your own.



MM. Outdoor Photography - (formerly 'Critters and Cameras') - Is your album full of photos that are...blah? This class will show you how to take memorable photos of your favorite subjects — from kids to critters. We'll focus on technique and composition, and spend plenty of time outside (weather permitting) practicing. So pack your digital or film camera and some grubby clothes, because we're going to look at the world from some new angles. A woodland photo blind will be available too if you'd like to try your luck with the local wildlife.

- 6:30pm Dinner is Served
- 7:30pm Evening Activities

Sunday, 20th

- 7:00am Breakfast

8:15am — 11:45am Session IV

- NN. Lumber Jane (Repeat of Class J)
- OO. Shotgun and Firearm Safety — (Repeat of Class F)
- PP. Waterfowl/Duck Hunting - This course covers the biology and habits of waterfowl and common ducks in South Carolina. Equipment, clothing, camouflage, hunting techniques and safety considerations will be discussed.
- QQ. Bass Fishing — (Repeat of Class T)
- RR. Boating, Trailering, and Safety — (Repeat of Class H)

SS. Discover SCUBA-Give SCUBA a try in a safe pool environment. A short classroom session will be followed by instruction with SCUBA equipment. Then you can try out what you have learned in the Clemson Outdoor Lab's pool. There is an extra \$10.00 fee that needs to be submitted with your Registration Fee. Please read (located on the registration form) how to pay this extra fee.

TT. Gardening for Wildlife — Learn how to transform your backyard into a haven for birds, butterflies and other wildlife. Lesson will include hands-on activities and a tour of a nationally certified Backyard Wildlife Habitat.

UU. Fly Fishing - Learn the basics of casting and fly presentation, types of flies, selection of equipment and knot techniques. Participants will try their skills on the water. Rods and flies will be provided, but participants are encouraged to bring their own gear if desired.

VV. Rifle & Firearms Safety - Participants will learn the parts of a rifle, safety concerns and practice shooting skills from several positions. Rifles will be provided.

WW. Intro To GPS (Repeat of Class LL)

XX. Woodworking For Wildlife - Participants will learn how to build nesting houses and feeders and will introduce participants to basic hand tools and provide information on placing feeders and houses.

YY. **NEW: Botany and Bugs** — Botany- (The characteristic features and biology of a particular kind of plant or plant group.) Bugs — (Slang for an insect or similar organism, such as a centipede or an earwig). Put these together and you have a very interesting look at those 'creepy crawlies' and their indigenous habitats).

- 12:00 Noon Lunch and Good-Byes



DNR

SCBOW/SCDNR
1000 Assembly St.
Post Office Box 167
Columbia, SC 29202



Becoming An Outdoors-Woman Workshop

REGISTRATION FORM

May 18-20, 2007

Clemson University Outdoor Lab
Clemson, South Carolina



Only one person may register per form. Please photocopy for additional registrations. Must be 18 to apply.

Name:		Social Security Number:	
Address:		T-Shirt Size (Circle One) Small -- Medium -- Large -- XL -- XXL -- Other	
City:	State:	Zip:	Emergency Number
E-Mail Address:	Daytime Telephone:		Evening or: Cell Phone #:

This workshop consists of four (4), three and a half hour sessions. You must mark a minimum of five (5) classes FOR EACH SESSION by indicating your top choice as 1, your second choice as 2, etc.... Sessions are limited and are filled on a first-come, first-serve basis. Please select your courses carefully as you will not be able to change your schedule at the workshop. As courses fill, you will be given your 2nd or 3rd (ect) choice.

Session I - Friday p.m.	Session II - Saturday a.m.	Session III - Saturday p.m.	Session IV - Sunday a.m.
A. Archery and Crossbows	N. Shotgun and Firearm Safety	AA. Archery and Crossbows	NN. Lumber Jane
B. Kayaking	O. Fishing 101	BB. Kayaking	OO. Shotgun and Firearm Safety
C. Fishing 101	P. ATV Safety Rider Course	CC. ATV Safety Rider Course	PP. Waterfowl/Duck Hunting
D. Land Navigation (<i>Map and Compass</i>)	Q. Boating, Trailering, and Safety	DD. Decorating with Nature	QQ. Bass Fishing
E. Nature Hike	R. Camping and Backpacking	EE. Canoeing	RR. Boating, Trailering, and Safety
F. Shotgun and Firearm Safety	S. Canoeing	FF. Fly Tying	SS. SCUBA (\$10 extra fee)
G. Mountain Biking	T. Bass Fishing	GG. Care and Prep of Game	TT. Gardening for Wildlife
H. Boating, Trailering, and Safety	U. Land Navigation (<i>Map and Compass</i>)	HH. Gun Cleaning / Knife Sharpening	UU. Fly Fishing
I. Care and Prep of Fish	V. Bird Watching	II. Handguns and Firearms Safety	VV. Rifle and Firearms Safety
J. Lumber Jane	W. Mountain Biking	JJ. Taxidermy	WW. Intro To GPS
K. Handguns and Firearms Safety	X. Muzzleloading	KK. Rock Climbing (\$10 extra fee)	XX. Woodworking for Wildlife
L. Taxidermy	Y. Rifle and Firearm Safety	LL. Intro to GPS	YY. Botany and Bugs *New
M. High Ropes Course (\$15 fee)	Z. Wilderness First Aid	MM. Outdoor Photography	

Accommodations

- ✓ Cabin Type (*Check One*) ☐ Quiet ☐ Lively ☐ No Preference
- ✓ Do you have special dietary needs: ☐ YES - Explain on health form ☐ NO
- ✓ Roommates are randomly assigned, unless requested below:

1. _____ 2. _____ 3. _____

** Smoking is not allowed in the facilities.*

New Participant Incentive Program

Refer to front page newsletter

Are you a new participant? ☐ YES ☐ NO

I am a past participant and want to participate in the incentive program by bringing

Name of NEW participant that you are bringing

How To Register

Check: Please make checks payable to SCDNR-BOW. Mail registration form, **registration fee (\$175.00)**, picture of participant and health form to:

SCDNR-BOW

Post Office Box 167

Columbia, SC 29202

Registration Fee: \$175.00 (This fee includes meals, lodging, instruction, program material, and use of equipment.) Registration deadline is May 4, 2007. If you are planning to take the SCUBA (\$10), Ropes Course (\$15) Mountain Biking (\$30), and/or Rock Climbing (\$10) class please submit a separate check made out to SCBOW-SCDNR. This check will be returned to you at the workshop if the class fills.

Cancellation Policy: If the participant cancels prior to May 4, 2007 the participant will receive a refund of \$140.00. There is a \$35.00 processing fee retained for cancellations. If the participant cancels after that date no refund will be returned. It is imperative that you contact us before May 4, 2007 if you know that you can't attend.

DO NOT WRITE, FOR ADMIN USE

CHECK NUMBER: _____
\$ _____

AMOUNT:

- ✓ Participants understand that photographs may be taken during sessions and may be used in future support of the program. Picture that is included with registration will **not** be used for this purpose.
- ✓ The applicant recognizes that the program involves some risk and that she/he takes responsibility for all actions or injury that may result in participating.

Signature

Date



Medical History Questionnaire

We would like to have this questionnaire on file in case of a medical emergency.
If you have objections to filling out any portion of this form, please leave it blank.

Name: _____ Date of Birth: _____ Sex: F _____ M _____

Emergency Contact: _____ Phone #: _____

Physician: _____ Phone #: _____

All Information will be held confidential

NOTE: Please check "YES" or "No" and provide additional details where required.

<input type="checkbox"/> NO <input type="checkbox"/> YES	Are you allergic to any medication (aspirin, penicillin, etc.)? List: _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Do you take any medication on a permanent or semi-permanent basis? List with reason: _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Have you ever had a seizure? When? _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Have you ever been told by a doctor that you have epilepsy? _____
	When? _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Have you ever been treated for diabetes?
<input type="checkbox"/> NO <input type="checkbox"/> YES	Have you ever been told by a doctor that you were anemic? When? _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Have you had recent surgical operations, accidents or injuries? When/What _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Do you have or have you ever had high blood pressure? List Medication _____
	Do you have or have you had any of the following medical conditions in the last five years:
<input type="checkbox"/> NO <input type="checkbox"/> YES	Hay fever or allergies (especially to bees, ants, etc.). If yes, please list _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Fainting spells. When _____ <input type="checkbox"/> NO <input type="checkbox"/> YES Heart disease. _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Frequent diarrhea. When _____ <input type="checkbox"/> NO <input type="checkbox"/> YES Lung disease _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Severe stomach aches. When _____ <input type="checkbox"/> NO <input type="checkbox"/> YES Kidney disease (infection, etc.), _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Menstrual problems. When _____ <input type="checkbox"/> NO <input type="checkbox"/> YES Liver disease. _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Ear ache or ear infection, When _____ <input type="checkbox"/> NO <input type="checkbox"/> YES Hepatitis. _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Have you ever been told by a doctor that you have asthma? List medication _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Do you have or have you ever had a hernia or "rupture"? When _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Have you been "knocked out" unconscious, had a concussion or head injury? When _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Have you stayed overnight in a hospital in the last year? When <input type="checkbox"/> & Why <input type="checkbox"/> _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Are you pregnant?
<input type="checkbox"/> NO <input type="checkbox"/> YES	Are you currently taking any behavior-modification medication? List Medication: _____
<input type="checkbox"/> NO <input type="checkbox"/> YES	Do you wear glasses?
<input type="checkbox"/> NO <input type="checkbox"/> YES	Do you wear contact lenses?
<input type="checkbox"/> NO <input type="checkbox"/> YES	Immunizations: Tetanus Toxoid - Date of last inoculation: _____

Emergency Medical Authorization

* The attached health history questionnaire is correct to the best of my knowledge, and I am able to engage in all activities, except as noted by me. In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, order injection or surgery, or other medical procedures required by the emergency situation.

* I give informed consent for the South Carolina Department of Natural Resources (SCDNR) to provide medical attention, transportation, and emergency medical services as warranted by the circumstances.

* I represent that I am in good physical condition, and I am not aware of any disease or injury that would be aggravated or result in my being incapacitated or injured during any program participation except as designated herein.

Signature of Participant _____ Date _____

Dietary Needs

Please list any dietary requirements or special needs that require assistance.



Please provide a picture
of yourself to keep on record
for health & safety reasons.